聲寶牌 SHARP® 夏普

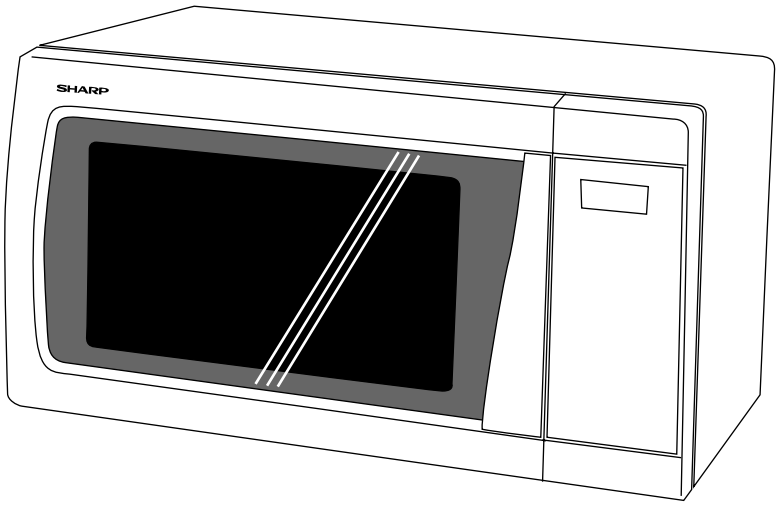
香港電器安全規格
（國際電工委員會規格適合）

微波爐
MICROWAVE OVEN

®

R-342D

使用説明書
OPERATION MANUAL



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WARNING

Read all instructions before using the appliance.

1. To reduce the risk of fire in the oven cavity:
   a. Do not overcook food.
   b. Remove wire twist-ties from paper or plastic bags before placing bag in the oven.
   c. Do not heat oil or fat for deep frying. The temperature of the oil cannot be controlled.
   d. After use wipe the waveguide cover with a damp cloth, followed by a dry cloth to remove any food splashes and grease. Built-up grease may overheat and begin to cause smoke or catch fire.
   e. If materials inside the oven should smoke or ignite, keep oven door closed, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.
   f. Attend the oven closely when using disposable containers made from plastic, paper or other combustible material.
2. To reduce the risk of explosion and sudden boiling:
   a. Do not place sealed containers in the oven. Baby bottles fitted with a screw cap or teat are considered to be sealed containers.
   b. When boiling liquids in the oven, use the wide-mouthed container and stand about 20 seconds at the end of cooking to avoid delayed eruptive boiling of liquids.
3. This oven is for home food preparation only and should only be used for heating, cooking and defrosting food and beverage.
   It is not suitable for commercial or laboratory use.
4. Never operate the oven whilst any object is caught or jammed between the door and the oven.
5. Do not try to adjust or repair the oven yourself because of hazard. The oven must be adjusted or repaired by a qualified service technician trained by SHARP.
6. Do not operate the oven if it is not working correctly or damaged until it has been repaired by a qualified service technician trained by SHARP. It is particularly important that the oven door closes properly and that there is no damage to:
   (1) Door (warped), (2) Hinges and Latches (broken or loosened), (3) Door Seals and Sealing Surfaces.
7. Do not catch the utensil, your clothes or accessories on the door safety latches when you take out the food from the oven.
8. Should the power supply cord become damaged, it must be replaced with a special cord supplied or approved by the SHARP SERVICE CENTRE. And it must be replaced by a qualified service technician trained by SHARP.
9. Make sure that the power supply cord is undamaged, and that it does not run under the oven or over any hot surface or sharp edges.
10. If the oven lamp fails please consult your dealer or a qualified service technician trained by SHARP.
11. After cooking, use oven mittens when taking out the food and avoid steam burns by directing steam away from the face and hands.
12. Slowly lift the furthest edge of dish's cover and microwave plastic wrap and carefully open popcorn and oven cooking bags away from the face.
13. To prevent the turntable from breaking:
    a. Before cleaning the turntable with water, leave the turntable to cool.
    b. Do not put hot foods or hot utensils on the cold turntable.
    c. Do not put cold foods or cold utensils on the hot turntable.
14. Do not place anything on the outer cabinet.
15. Make sure the utensil does not touch the interior walls during cooking.
16. Do not store food or any other items inside the oven.
17. This appliance is not intended for use by young children or infirm persons without supervision.
18. Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.
19. Young children should be supervised to ensure that they do not play with the appliance.

SPECIAL NOTES

	DO	DON'T
Eggs, fruits, nuts, seeds, vegetables, sausages and oysters	* Puncture egg yolks and whites and oysters before cooking to prevent "explosion". * Pierce skins of potatoes, apples, squash, hot dogs, sausages and oysters so that steam escapes.	* Cook eggs in shells. This prevents "explosion", which may damage the oven or injure yourself. * Reheat whole eggs. * Overcook oysters. * Dry nuts or seeds in shells.
Popcorn	* Use specially bagged popcorn for the microwave oven. * Listen while popping corn for the popping to slow to 1-2 seconds.	* Pop popcorn in regular brown bags or glass bowls. * Exceed maximum time on popcorn package.
Baby food	* Transfer baby food to small dish and heat carefully, stirring often. Check for suitable temperature to prevent burns. * Remove the screw cap and teat before warming baby bottles. After warming shake thoroughly. Check for suitable temperature.	* Heat disposable bottles. * Overheat baby bottles. Only heat until warm. * Heat bottles with nipples on. * Heat baby food in original jars.
General	* Food with filling should be cut after heating, to release steam and avoid burns. * Stir liquids briskly before and after cooking for even heating. * Use a deep bowl when cooking liquids or cereals to prevent boiling over. * For boiling or cooking liquids see WARNING on page E-1.	* Heat or cook in closed glass jars or air tight containers. * Deep fry fat. * Dry wood, herbs, or wet papers. * Operate the oven empty.
Canned foods	* Remove food from can.	* Heat or cook food while in cans.
Sausage rolls, Pies, Christmas pudding	* These foods have high sugar and/or fat contents. * Cook for the recommended time.	* Overcook as they may catch fire.
Meats	* Use a microwave proof rack or plate to collect drained juices.	* Place meat directly on the turntable for cooking.
Utensils	* Check the utensils are suitable for MICROWAVE cooking before you use them.	* Use metal utensils for MICROWAVE cooking. Metal reflects microwave energy and may cause an electrical discharge known as arcing.
Aluminium foil	* Use to shield food to prevent over cooking. * Watch for sparkling, therefore reduce foil and keep clear of cavity walls.	* Use too much. * Shield food close to cavity walls as sparkling can damage the oven.

INSTALLATION INSTRUCTIONS

1. Remove all packing materials from the oven cavity and the feature sticker from the oven door panel (if available). Check the unit for any damage, such as a misaligned door, damaged door seals around the door or dents inside the oven cavity or on the door. If there is any damage, please do not operate the oven until it has been checked by the SHARP SERVICE CENTRE and repaired, if necessary.
2. Accessories provided
   1) Turntable 2) Roller Stay 3) Operation Manual 4) Cookbook
3. Fit the roller stay and turntable referring to OVEN DIAGRAM below. Place the roller stay on the bottom of oven and seat the turntable on the roller stay, while aligning well with the coupling in the centre. NEVER use the oven without the turntable and roller stay.
4. The oven should not be installed in any area where heat and steam are generated, for example, next to a conventional oven unit.
   The oven should be installed so as not to block ventilation openings.
   Allow space of at least 15cm from top of the oven for air ventilation.
   This oven is not designed to be built-in to a wall or cabinet.
5. Neither the manufacturer nor the distributors can accept any liability for damage to the machine or personal injury for failure to observe the correct electrical connecting procedure.
   The A.C. voltage and frequency must correspond to the one indicated on the rating plate on the back of the oven.
6. This appliance must be earthed:

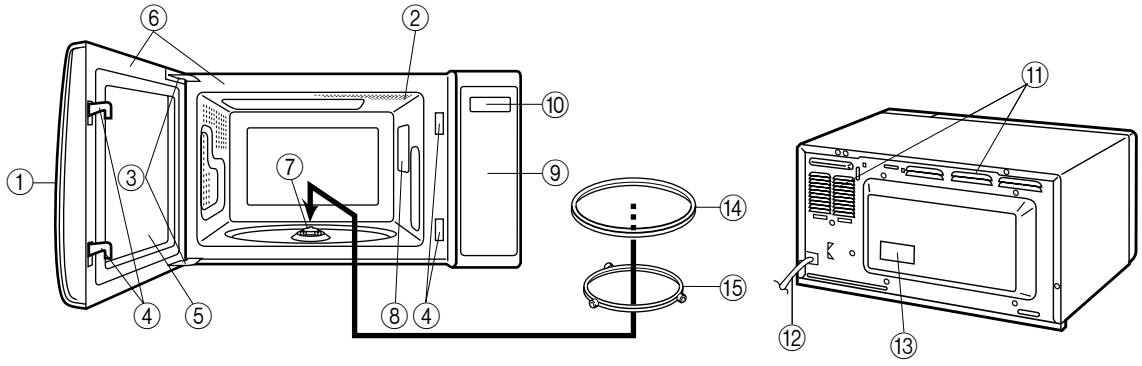
IMPORTANT

The wires in power supply cord are coloured in accordance with the following code:

Green-and-yellow	:	Earth
Blue	:	Neutral
Brown	:	Live

As the colours of the wires in the power supply cord of this appliance may not correspond with the coloured marking identifying the terminals in your plug, proceed as follows:
The wire which is coloured green-and-yellow must be connected to the terminal in the plug which is marked with the letter E or by the earth symbol ⏚ or coloured green or green-and-yellow.
The wire which is coloured blue must be connected to the terminal which is marked with the letter N or coloured blue.
The wire which is coloured brown must be connected to the terminal which is marked with the letter L or coloured brown.

OVEN DIAGRAM



1. Door handle
2. Oven lamp
3. Door hinges
4. Door safety latches
5. See through door
6. Door seals and sealing surfaces
7. Coupling
8. Waveguide cover (Do not remove)
9. Touch control panel (see page E-4)
10. Digital readout
11. Ventilation openings
12. Power supply cord
13. Rating plate
14. Turntable
15. Roller stay

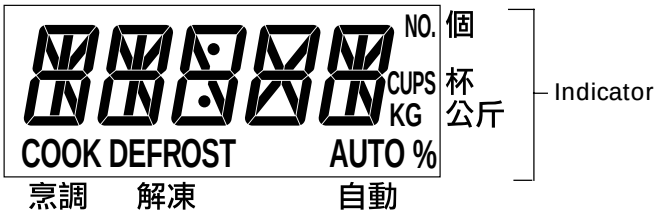
OPERATION OF TOUCH CONTROL PANEL

The operation of the oven is controlled by pressing the appropriate pads arranged on the surface of the control panel.

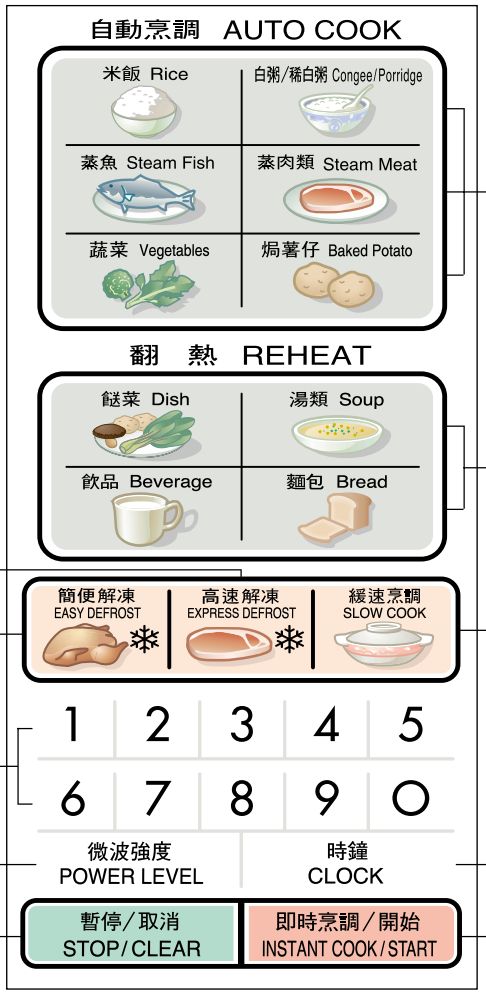
An entry signal tone should be heard each time you press the control panel to make a correct entry.

In addition an audible signal will sound for approximately 2 seconds at the end of the cooking cycle, or 4 times when cooking procedure is required.

Control Panel Display



Touch Control Panel Layout



EXPRESS DEFROST PAD
Press to select the Express Defrost menu.

EASY DEFROST PAD
Press to defrost meat by entering the weight.

NUMBER PADS
Press to enter cooking time, clock time or weight of food.

POWER LEVEL PAD
•Press to select micro-wave power setting. If not pressed, 100 % (HIGH POWER) is automatically selected.
•Press to alter the cooking result for automatic operations. (less/more setting)

STOP/CLEAR PAD
•Press to clear during programming.
•Press once to stop operation of oven during cooking; press twice to cancel cooking programme.

AUTO COOK PADS
Press corresponding pad to cook chosen menus and desired serving.

REHEAT PADS
Press corresponding pad to reheat chosen menus and desired serving.

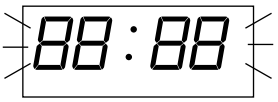
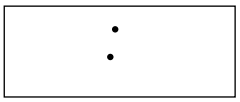
SLOW COOK PAD
Press to cook slowly and longer time.

CLOCK PAD
Press to set clock, child lock, demonstration mode or timer.

INSTANT COOK/START PAD
•Press to start oven after setting programmes.
•Press once to cook for 1 minute at 100 % (HIGH POWER) or increase by 1 minute multiples each time this pad is pressed during cooking.

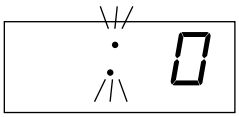
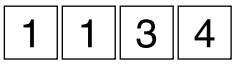
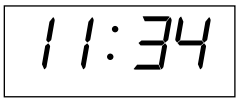
BEFORE OPERATING

Getting Started

Step	Procedure	Pad Order	Display
1	Plug the oven into a power point.		 Flashing four eights.
2	Close the oven door.		as above
3	Press the STOP/CLEAR pad so that the oven beeps.		 Only the dots will remain.

Clock Setting

* To enter the present time of day e.g. 11:34 (AM or PM).

Step	Procedure	Pad Order	Display
1	Press the CLOCK pad.		 The dots will flash on and off.
2	Enter the correct time of day by pressing the numbers in sequence.		
3	Press the CLOCK pad again.		

This is a 12 hour clock. If you attempt to enter an incorrect clock time (Ex. 13:45), ERROR will appear in the display.
Press the STOP/CLEAR pad and re-enter the time of day (Ex. 1:45).
The clock of the oven works based on the frequency of power source. So it may gain or lose in some area where the frequency varies. It is recommended that you should adjust the time occasionally.
If you wish to know the time of day during the cooking mode, press the CLOCK pad. As long as your finger is pressing the CLOCK pad, the time of day will be displayed.

Stop/Clear

Press the STOP/CLEAR pad once to:
1. Stop the oven temporarily during cooking.
2. Clear if you make a mistake during programming.

To Cancel a Programme During Cooking

Press the STOP/CLEAR pad twice.

MICROWAVE COOKING TECHNIQUES

Arrange food carefully	Place thickest areas toward outside of dish.
Watch cooking time	Cook for the shortest amount of time indicated and add more time as needed. Food severely over-cooked can smoke or ignite.
Cover foods before cooking	Check recipe for suggestions: paper towels, microwave plastic wrap or a lid. Covers prevent spattering and help foods to cook evenly. (Helps keep oven clean)
Shield foods	Use small pieces of aluminium foil to cover thin areas of meats or poultry in order to avoid overcooking.
Stir foods	From outside to center of dish once or twice during cooking, if possible.
Turn foods	Foods such as chicken, hamburgers or steaks should be turned over once during cooking.
Rearrange foods	Like meatballs halfway through cooking both from top to bottom and from the center of the dish to the outside.
Allow standing time	After cooking ensure adequate standing time. Remove food from oven and stir if possible. Cover for standing time which allows the food to finish cooking without overcooking.
Check for doneness	Look for signs indicating that cooking temperature has been reached. Doneness signs include: – Food steams throughout, not just at edge. – Poultry thigh joints move easily. – Pork and poultry show no pinkness. – Fish is opaque and flakes easily with a fork.
Condensation	A normal part of microwave cooking. The humidity and moisture in food will influence the amount of moisture in the oven. Generally, covered foods will not cause as much condensation as uncovered foods. Ensure that the ventilation openings are not blocked.
Browning dish	When using a browning dish or self-heating material, always place a heat-resistant insulator such as a porcelain plate under it to prevent damage to the turntable, roller stay and coupling due to heat stress. The preheating time specified in the dish's instructions must not be exceeded.
Microwave safe plastic wrap	For cooking food with high fat content, do not bring the wrap in contact with the food as it may melt.
Microwave safe plastic cookware	Some microwave safe plastic cookware are not suitable for cooking foods with high fat and sugar content.

MANUAL OPERATIONS

Microwave Time Cooking

When cook under microwave manually, first enter the cooking time, then the power level.
You can programme up to 99 minutes, 99 seconds.
There are five different power levels.

Power level	10% (LOW)	30% (MEDIUM LOW)	50% (MEDIUM)	70% (MEDIUM HIGH)	100% (HIGH)
Examples	Keeping food warm	Defrost, Softening butter	Delicate Food such as Eggs or Seafood		Raw meat, Vegetables, Rice or Pasta

This variable cooking control allows you to select the rate of microwave cooking.

If a power level is not selected, then 100% (HIGH POWER) is automatically used.
*Suppose you want to cook vegetables for 2 minutes 30 seconds on 100% (HIGH POWER).

Step	Procedure	Pad Order	Display
1	Enter desired cooking time.	2 3 O	2·30 COOK 烹調 COOK will flash on and off.
2	Press the INSTANT COOK/ START pad.	即時烹調／開始 INSTANT COOK/START	2·30 COOK 烹調 The timer begins to count down.

To lower the power press the POWER LEVEL pad until desired power level is displayed.

* Suppose you want to cook Fish Fillets for 10 minutes on 50% (MEDIUM POWER).

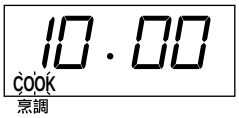
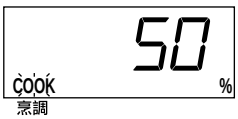
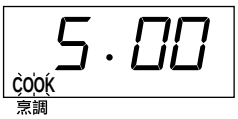
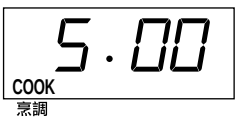
Step	Procedure	Pad Order	Display
1	Enter desired cooking time.	1 O O O	10·00 COOK 烹調 COOK will flash on and off.
2	Select power level by pressing the POWER LEVEL pad as required (for 50% press three times).	微波強度 POWER LEVEL x 3	50 % COOK 烹調
3	Press the INSTANT COOK/ START pad.	即時烹調／開始 INSTANT COOK/START	10·00 COOK 烹調 The timer begins to count down.

If the door is opened during cooking process, the cooking time in the readout automatically stops. The cooking time starts to count down again when the door is closed and the INSTANT COOK/START pad is pressed.
If you wish to know the power level during cooking, press the POWER LEVEL pad. As long as your finger is pressing the POWER LEVEL pad, the power level will be displayed.

Sequence Cooking

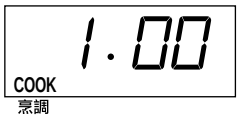
Your oven can be programmed for up to 3 cooking sequences, switching from one variable power setting to another automatically.

* Suppose you want to cook for 10 minutes on 50% (MEDIUM POWER) followed by 5 minutes on 100% (HIGH POWER).

Step	Procedure	Pad Order	Display
1	Enter desired cooking time.	1 O O O	 COOK will flash on and off.
2	Select power level by pressing the POWER LEVEL pad as required. (for 50% press three times)	微波強度 POWER LEVEL x 3	
3	For second sequence, enter desired cooking time. (If power is not selected the oven will operate at 100%).	5 O O	
4	Press the INSTANT COOK/ START pad.	即時烹調／開始 INSTANT COOK/START	The timer begins to count down. When it reaches zero,  the second sequence will appear and the timer will begin to count down again.

Instant Cook™

For your convenience Sharp's Instant Cook allows you to easily cook for one minute on 100% (HIGH POWER).

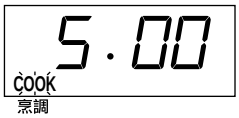
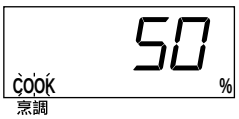
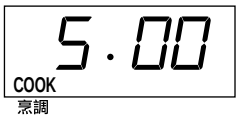
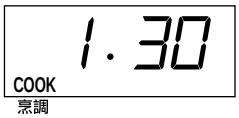
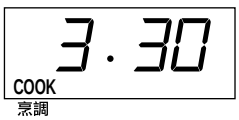
Step	Procedure	Pad Order	Display
1	Press the INSTANT COOK/ START pad. (Within 3 minutes of closing the door.)	即時烹調／開始 INSTANT COOK/START	 The timer begins to count down.

Press the INSTANT COOK/START pad until desired time is displayed.
Each time the pad is pressed during cooking, the cooking time is increased by 1 minute.

Increasing Time During the Cooking Programme

Cooking time can be added during a cooking programme using the INSTANT COOK/START pad.

* Suppose you want to increase the cooking time by 2 minutes during 5 minutes on 50% (MEDIUM POWER) cooking. (at the moment the remaining cooking time is 1 min. 30 sec.)

Step	Procedure	Pad Order	Display
1	Enter desired cooking time.	5 O O	 COOK will flash on and off.
2	Select power level by pressing the POWER LEVEL pad as required. (for 50% press three times)	微波強度 POWER LEVEL x3	
3	Press the INSTANT COOK/ START pad.	即時烹調／開始 INSTANT COOK / START	 The timer starts to count down. 
4	Press the INSTANT COOK/ START pad twice to increase the cooking time by two minutes.	即時烹調／開始 INSTANT COOK / START x2	 The timer keeps on counting down.

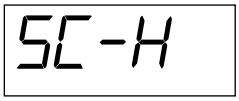
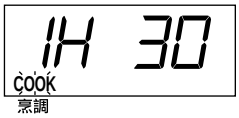
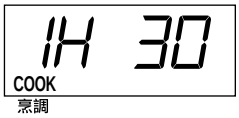
NOTE You cannot use this function for SLOW COOK.

Slow Cook

To select SLOW COOK HIGH, press the SLOW COOK pad once.
To select SLOW COOK LOW, press the SLOW COOK pad twice.

The SLOW COOK setting is designed for food which needs longer cooking time. For example, stewing, braising, boiling soup or Chinese desserts of liquid type. The SLOW COOK setting provides two choices: SLOW COOK HIGH or SLOW COOK LOW. The maximum cooking time is 2 hours for each choice when cook manually.

* Suppose you want to cook stew chicken on SLOW COOK HIGH for 1 hour 30 min: —

Step	Procedure	Pad Order	Display
1	Press the SLOW COOK pad once.	x 1	
2	Enter desired cooking time.	1 3 0	 COOK will flash on and off.
3	Press the INSTANT COOK/ START pad.	即時烹調／開始 INSTANT COOK / START	 The cooking time will count down to zero. After cooking the oven will "beep".

NOTE

1. If you need to check the food doneness during cooking, you can press the STOP/CLEAR pad once and open the oven door, then check and stir. After that close the door and press the INSTANT COOK/START pad to resume cooking.
2. Combination of HIGH and LOW for cooking in 2 stages is possible. But combination between SLOW COOK and other features is not possible.
3. If you wish to know the level of slow cook during cooking, press the POWER LEVEL pad. As long as your finger is pressing the POWER LEVEL pad, H (SLOW COOK HIGH) or L (SLOW COOK LOW) will be displayed.

SPECIAL NOTES ON SLOW COOKING

For better cooking result, always try to:

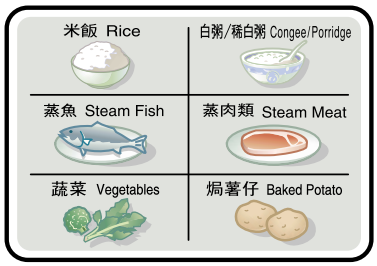
1. Cut the ingredients into smaller pieces.
2. Add in adequate liquid as medium (eg: water, sauce) and try to submerge the ingredients into the liquid in order to avoid scorching. This is especially important when stew meat or chicken soup is prepared.
3. When soup or large quantity is prepared, make sure that the water level is at least 1 1/2 inches (3.8cm) from the rim of casserole, otherwise spill over may result.
4. Do not add too much seasonings or salt at the initial stage of cooking. Try to add (especially salt) soon after or just after finish.
5. Cook with the casserole lid on. Also please do not open the lid during cooking as this may disturb the cooking sequence.
6. Stir and stand after cooking.

AUTOMATIC OPERATIONS

Notes for Automatic Operations

1. When using the automatic features, carefully follow the details provided in each Menu Guide to achieve the best result.
   If the details are not followed carefully, the food may be overcooked or undercooked or [ERROR] may be displayed.
2. Food weighing more or less than the quantity or weight listed in each Menu Guide, cook manually.
3. To change the final cooking or defrosting result from the standard setting, press the POWER LEVEL pad once (MORE) for more cooking time or twice (LESS) for less cooking time after selecting desired setting. Refer to page E-19.
4. The final cooking result will vary according to the food condition (e.g.initial temperature, shape, quality). Check the food after cooking and if necessary continue cooking manually.
5. To avoid children's misuse, each AUTO COOK and REHEAT function pad can be used only within 3 minutes after cooking completion, closing the door or pressing the STOP/CLEAR pad.
6. To defrost foods above or below the weights allowed on the EXPRESS DEFROST MENU GUIDE, use EASY DEFROST or defrost manually.
7. [ERROR] will be displayed if more or less than weight or quantity of foods suggested in Easy Defrost Menu Guide is programmed when the INSTANT COOK/START pad is pressed. To clear, press the STOP/CLEAR pad and reprogramme.
8. When entering the weight of the food, round off the weight to the nearest 0.1kg(100g). For example, 0.35kg would become 0.4kg.

Auto Cook



The AUTO COOK allows you to cook 6 popular foods.
Follow the details provided in Auto Cook Menu Guide on page E-12 and E-13.

* Suppose you want to cook 2 Baked Potatoes.

Step	Procedure	Pad Order	Display
1	Press the Baked Potato pad until desired quantity is displayed (for 2 pieces press twice).	焗薯仔 Baked Potato x 2	After about 2 sec. 2 NO. 個 AUTO 自動 → 6.10 COOK 烹調 AUTO 自動 Cooking starts and the cooking time will begin counting down.When a 4 times "beep" sound is heard, the oven stops. TURN OVER will be displayed.
2	Open the door. Turn over potatoes. Close the door.		PRESS START will be displayed repeatedly.
3	Press the INSTANT COOK/START pad.	即時烹調／開始 INSTANT COOK/START	3.05 COOK 烹調 AUTO 自動 The cooking time will continue counting down. When it reaches zero, the oven will "beep" and COVER STAND will be displayed.

Auto Cook Menu Guide

MENU | **QUANTITY** | **PROCEDURE**

Rice

1-2 serves

Times of Pressing	Serving (s)	Rice	Water
1	1 serve (1-2 persons)	150g	250ml
2	2 serves (3-5 persons)	300g	480ml

- Wash rice until water runs clear.
- Place rice and water into a deep casserole (about 2ℓ) and soak for 30 mins (stir rice a few times during soaking).
- Stir and cook with cover.
- After cooking, stir lightly and stand for 5 mins with a cover.

Congee

1-2 serves

Times of Pressing	Serving (s)	Rice	Water
1	1 serve (1-2 persons)	50g	750ml
2	2 serves (3-5 persons)	80g	1400ml

- Wash rice until water runs clear.
- Place rice and water into a deep casserole (about 2ℓ) and soak for 30 mins (stir rice a few times during soaking).
- Stir and cook uncovered.
- After cooking, stir lightly and stand for 5 mins.

Menu Variation

eg ★ Congee with Pallock Fish and Peanuts
Ingredients: 100g Pallock Fish (fried; chopped)
(3-5 persons) 50g Peanuts
1 slice Salted Turnip (chopped)
3 Spring Onions (chopped)

NOTE The ingredients can be added just after finish, with salted turnip and spring onions as garnish and sprinkles on top.

★ Congee with Salted Pork and Preserved Duck Eggs
Ingredients: approx. 230g (1/2 lb) lean pork (chopped)
(3-5 persons) 2 preserved duck eggs (diced)

NOTE The ingredients can be added 10 min. before finish.

Porridge

1-2 serves

Times of Pressing	Serving (s)	Rice	Water
1	1 serve (1-2 persons)	100g	1200ml
2	2 serves (3-5 persons)	160g	2200ml

- Wash rice until water runs clear.
- Place rice and water into a deep casserole (2ℓ for 1 serve, 3ℓ for 2 serves) and soak for 15 mins (stir rice a few times during soaking).
- Stir and cook uncovered.
- After cooking, stir lightly and stand for 5 mins.

Menu Variation

You can enjoy the variation by putting some ingredients into Porridge just after finish or 10 mins before finish.

eg ★ Chicken Porridge: 200g Chicken (cut small pieces, precooked)
(3-5 persons) Spring Onion, cut 3cm long

★ Fish Porridge : 250g Fish (precooked)
(3-5 persons) 2 slices Ginger (cut into stripes)

NOTE
1. Water temperature should be about 20°C at initial cooking.
2. 1 tael=38 grams.

<table>
<tr><th>MENU</th><th>INITIAL TEMPERATURE</th><th>QUANTITY (serving per AUTO COOK pad pressing)</th><th>PROCEDURE</th></tr>
<tr><td>Steam Fish

eg: Sea Bream
Red Snapper
Carp
Pomfret
Golden Thread
Black Mullet
Flatfish
Garoupa
etc.</td><td>8-12°C</td><td>1-3 serves
<table><tr><th>Times of pressing</th><th>Serving (s)</th><th>Weight</th></tr><tr><td>1</td><td>1 serve</td><td>130-199g</td></tr><tr><td>2</td><td>2 serves</td><td>200-300g</td></tr><tr><td>3</td><td>3 serves</td><td>301-420g</td></tr></table>(Whole fish)</td><td>• Wash fish thoroughly and remove scales.
• Make a few slits on the skin of fish, pierce the eyes of fish.
• Put on a shallow dish, 22-28 cm in diameter.
• Sprinkle lightly with water, salt and oil.
• Put green onion and ginger slices on top.
• Cover with microwave wrap or glass lid.
• After cooking, stand covered for 2 minutes.</td></tr>
<tr><td>Steam Meat

eg: Pork patty
Beef patty
Spare rib cubes
Chicken pieces
etc.</td><td>8-12°C</td><td>1-3 serves
<table><tr><th>Times of pressing</th><th>Serving (s)</th><th>Weight</th></tr><tr><td>1</td><td>1 serve</td><td>180-289g</td></tr><tr><td>2</td><td>2 serves</td><td>290-400g</td></tr><tr><td>3</td><td>3 serves</td><td>401-520g</td></tr></table></td><td>• Marinate the meat.
• For meat patty, try to make it a thin layer especially in the centre.
• Put on a shallow dish, 22-28 cm in diameter.
• Cover with microwave wrap or glass lid.
• After cooking, stand covered for 2 minutes.</td></tr>
<tr><td>Vegetables

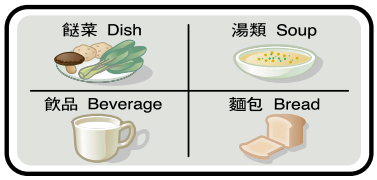
Broccoli (florets)
Lettuce (shreds)
Asparagus (strips)
White Chinese Cabbage (whole or halves)
Chinese Celery Cabbage (Shreds)
Spinach (halves)
Onions (shreds)
Mange-tout (whole)
Corn-on-the-cob (whole or halves)
Green Pepper (strips)
Kale, Pak Choi</td><td>20-25°C
Room temperature</td><td>0.1 – 1.0 kg

(0.1 kg /serve)</td><td>• Wash vegetables, then remove excess water.
• Cut & trim the vegetables into florets, shreds or strips.
• Put on a flat ceramic plate (28-31cm in diameter), sprinkle sparingly with salt & oil.
• Cover loosely with microwave wrap and cook.
• After cooking, stir.</td></tr>
<tr><td colspan="4">NOTE 1. For hard type of vegetables, use MORE setting for better result (see page E-19), and let it stand for a while after cooking for better results.
2. For other vegetables that are not suggested here, please cook manually.</td></tr>
<tr><td>Baked Potato

Potato (whole)</td><td>20-25°C
Room temperature</td><td>1-4 pieces

(1 piece, approx. 250 g)</td><td>• Use washed new potatoes.
• Pierce a few times with fork on each side.
• Place on outside of turntable. If one piece only, place on the centre.
• The oven will "beep" and stop, TURN OVER will flash on and off. Turn over potatoes and press INSTANT COOK/START pad to continue cooking.
• After cooking, stand and covered with aluminium foil for 3-10 minutes.</td></tr>
</table>

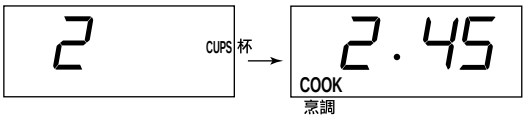
Reheat



The REHEAT allows you to reheat 4 popular foods.

Follow the details provided in Reheat Menu Guide.

* Suppose you want to reheat 2 cups of Beverage.

Procedure	Pad Order	Display
Press the Beverage pad until desired quantity is displayed (for 2 cups press twice).	x 2	After about 2 sec.  Cooking starts and the cooking time will begin counting down.When it reaches zero, the oven will "beep" and STIR will be displayed.

Reheat Menu Guide

MENU	INITIAL TEMPERATURE	QUANTITY (serving per REHEAT pad pressing)	PROCEDURE
Dish Lunch/Dinner plate Meat Dish Fried Noodles Plate of Rice	4-12°C Refrigerated temperature	1-2 serves (1 serve, approx. 200g)	• Take out the dish from the refrigerator. • Cover with microwave wrap or glass lid. • After reheating, stir and stand covered for 2 minutes.
Soup	20-25°C Room temperature	1–4 bowls (1 bowl, approx. 250ml)	• Place in a Pyrex bowl or Chinese ceramic bowl. • No cover. • Place on centre of turntable (1 bowl). (For 2–4 bowls, place along the rim of turntable.) • After reheating, stir.
Beverage Coffee Tea Water	20-25°C Room temperature	1–4 cups (1 cup, approx. 250ml)	• No cover. • Place on centre of turntable (1 cup). (For 2–4 cups, place along the rim of turntable.) • After reheating, stir.
Bread (**Note:** Reheating result varies with the kind of bread and its condition.)	20-25°C Room temperature	1–4 pieces (1 piece, approx. 50g)	• For 1-2 pcs, put onto a paper towel and cover with another paper towel. • For 3-4 pcs, put onto a plate lined with paper towel and cover with another paper towel. • When you reheat only one piece of bread, place it on centre.

Express Defrost

1. Minced Meat
2. Chicken Pieces
3. Steak/Chops

EXPRESS DEFROST rapidly defrosts 3 types of meat in specific weights.
Follow the details provided in Express Defrost Menu Guide on page E-16.

* Suppose you want to defrost 0.2 kg of Minced Meat.

Step	Procedure	Pad Order	Display
1	Press the EXPRESS DEFROST pad until the desired menu number is displayed (for Minced Meat press once).	x 1	COOK will flash on and off.
2	Press the INSTANT COOK/ START pad.		The defrosting time will begin counting down. When a 4 times "beep" sound is heard, the oven stops. TURN OVER will be displayed repeatedly.
3	Open the door. Turn over and rearrange. Shield the defrosted portions. Close the door.		PRESS START will be displayed repeatedly.
4	Press the INSTANT COOK/ START pad.		The defrosting time will continue counting down. When it reaches zero, the oven will "beep" and COVER STAND will be displayed.

Express Defrost Menu Guide

No.	MENU	QUANTITY (MIN. – MAX.)	PROCEDURE
1	**Minced Meat** Beef	0.2 kg	• Place frozen minced meat on a shallow dish. • The oven will "beep" and stop, TURN OVER will be displayed. Remove defrosted portions, turn over and shield edges with foil strips. • Press start to continue defrosting. • After defrost time, stand covered with aluminium foil for 3-5 minutes.
2	**Chicken Pieces** (Mid-joint of chicken wings)	0.35 kg	• Place mid-joint of chicken wings on a shallow dish. • The oven will "beep" and stop, TURN OVER will be displayed. Turn over, rearrange and shield the defrosted portions. • Press start to continue defrosting. • After defrost time, stand covered with aluminium foil for 5 minutes.
3	**Steaks** **Chops**	0.3 kg	• Shield thin end of chops or steaks with foil. • Position the food with thinner parts in the centre in a single layer on a shallow dish. If pieces are stuck together, try to separate as soon as possible. • The oven will "beep" and stop, TURN OVER will be displayed. Turn over, rearrange and shield the defrosted portions. • Press start to continue defrosting. • After defrost time, stand covered with aluminium foil for 5 minutes.

NOTE

1. When freezing minced meat, shape it into flat even sizes.
2. For chicken pieces, steaks and chops, freeze separately in single flat layers and if necessary interleave with freezer plastic to separate layers. This will ensure even defrosting.
3. It is also a good idea to label the packs with the correct weights.

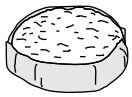
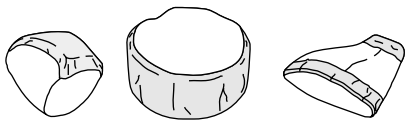
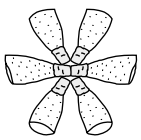
Easy Defrost

EASY DEFROST will automatically compute the microwave power and defrosting time.
Follow the details provided in Easy Defrost Menu Guide on page E-18.

* Suppose you want to defrost 1.0 kg of Chicken Pieces.

Step	Procedure	Pad Order	Display
1	Press the EASY DEFROST pad.		KG will flash on and off.
2	Press the number pads to enter weight.	1 0	COOK will flash on and off.
3	Press the INSTANT COOK/ START pad.	即時烹調／開始 INSTANT COOK / START	The defrosting time will begin counting down. When a 4 times "beep" sound is heard, the oven stops. TURN OVER will be displayed repeatedly.
4	Open the door. Turn over and rearrange. Shield the defrosted portions. Close the door.		PRESS START will be displayed repeatedly.
5	Press the INSTANT COOK/ START pad.	即時烹調／開始 INSTANT COOK / START	The defrosting time will continue counting down. When it reaches zero, the oven will "beep" and COVER STAND will be displayed.

Easy Defrost Menu Guide

MENU	QUANTITY (MIN. – MAX.)	PROCEDURE
Steaks **Chops** 	0.1 - 2.0 kg	• Shield thin end of chops or steaks with foil. • Position the food with thinner parts in the centre in a single layer on a shallow dish. If pieces are stuck together, try to separate as soon as possible. • Half way the oven will "beep" and stop, TURN OVER will be displayed. Turn over, rearrange and shield the defrosted portions. • Press start to continue defrosting. • After defrost time, stand covered with aluminium foil for 5-30 minutes.
Minced Meat Beef 	0.1 - 2.0 kg	• Place frozen minced meat on a shallow dish. Shield edges. • Half way the oven will "beep" and stop, TURN OVER will be displayed. Remove defrosted portions, turn over and shield edges with foil strips. • Press start to continue defrosting. • After defrost time, stand covered with aluminium foil for 5-30 minutes.
Roast Meat Beef/Pork/Lamb 	0.5 - 2.0 kg	• Shield the edge with foil strips about 2.5cm wide. • Place joint with lean side face upwards (if possible) on a shallow dish. • Half way the oven will "beep" and stop, TURN OVER will be displayed. Turn over and shield the defrosted portions. • Press start to continue defrosting. • After defrost time, stand covered with aluminium foil for 10-30 minutes.
Poultry 	1.0 - 2.0 kg	• Remove from original wrapper. Shield wing and leg tips with foil. • Place breast side down on a shallow dish. • Half way the oven will "beep" and stop, TURN OVER will be displayed. Turn over and shield the defrosted portions. • Press start to continue defrosting. • After defrost time, stand covered with aluminium foil for 15-30 minutes. NOTE After standing run under cold water to remove giblets if necessary.
Chicken Pieces 	0.1 - 2.0 kg	• Shield the exposed bone with foil. • Place chicken pieces on a shallow dish. • Half way the oven will "beep" and stop, TURN OVER will be displayed. Turn over, rearrange and shield the defrosted portions. • Press start to continue defrosting. • After defrost time, stand covered with aluminium foil for 5-30 minutes.

Food not listed in the Guide can be defrosted manually using Medium Low power (30%).

NOTE
1. When freezing minced meat, shape it into flat even sizes.
2. For chicken pieces, steaks and chops, freeze separately in single flat layers and if necessary interleave with freezer plastic to separate layers. This will ensure even defrosting.
3. It is also a good idea to label the packs with the correct weights.

OTHER CONVENIENT FEATURES

Less/More Setting

The cooking times programmed into the automatic menus are tailored to the most popular tastes. To adjust the cooking time to individual preference, simply press the POWER LEVEL pad as adjustment. Press once for more cooking or twice for less cooking.

The Less/More setting can be used to adjust the cooking time of the following features:—
– AUTO COOK
– REHEAT
– EXPRESS DEFROST
– EASY DEFROST

(1) AUTO COOK
* Suppose you want to cook 2 Baked Potatoes for less time than the standard setting.

Step	Procedure	Pad Order	Display
1	Press the Baked Potato pad twice.	焗薯仔 Baked Potato x 2	NO. 個 2 AUTO 自動
2	Press the POWER LEVEL pad twice within 2 seconds.	微波強度 POWER LEVEL x 2	LESS AUTO 自動

For REHEAT, follow this same procedure using the desired REHEAT pad instead of AUTO COOK pad in step 1.

(2) EASY DEFROST
* Suppose you want to defrost 1.0kg of Chicken Pieces for more time than the standard setting.

Step	Procedure	Pad Order	Display
1	Press the EASY DEFROST pad.	簡便解凍 EASY DEFROST	KG 公斤 DEFROST 解凍 KG will flash on and off.
2	Press the number pads to enter weight.	1 0	1.0 KG 公斤 COOK DEFROST 烹調 解凍 COOK will flash on and off.
3	Press the POWER LEVEL pad once.	微波強度 POWER LEVEL x 1	MORE COOK DEFROST 烹調 解凍
4	Press the INSTANT COOK/ START pad.	即時烹調／開始 INSTANT COOK / START	18.19 COOK DEFROST 烹調 解凍

For EXPRESS DEFROST select the menu using the EXPRESS DEFROST pad instead of the EASY DEFROST pad in step 1, and go to step 3.

Timer

Use this feature as a general purpose timer. Examples include:
timing boiled eggs cooked on the stove top; or
timing the recommended standing time of food.

You can enter any time up to 99 minutes, 99 seconds. If you want to cancel the timer during the count down phase, simply press STOP/CLEAR pad and the display will return to showing time of day.

* Suppose you want to set the timer to 3 minutes for boiling an egg on the stove top.

Step	Procedure	Pad Order	Display
1	Enter desired time.	3 O O	3.00 COOK 烹調 COOK will flash on and off.
	Once the egg has come to the boil in the saucepan you can start the timer.		
2	Press the CLOCK pad .	時鐘 CLOCK	3.00 The timer begins to count down. When the timer reaches zero, the oven will "beep". END will appear in the display.

Child Lock

If the oven is accidentally started with no food/liquid in the cavity, the oven could be damaged.

To prevent accidents like this, your oven has a "Child Lock" feature that you can set when the oven is not in use.

To set the Child Lock, press the CLOCK pad and the number pad 1, then press the INSTANT COOK/START pad and hold for 3 seconds. LOCK will appear in the display.
The Control Panel is now locked, each time a pad is pressed, the display will show LOCK.

To unlock the control panel, press the CLOCK pad, the number pad 1 and the STOP/CLEAR pad. The time of day is displayed and the oven is ready to use.

Demonstration Mode

This feature is mainly for use by retail outlets, and also allows you to practice the key operation.

To demonstrate, press the CLOCK pad and the number pad 0, then press the INSTANT COOK/START pad and hold for 3 seconds. DEMO will appear in the display.
Cooking operations can now be demonstrated with no power in the oven. For example, press INSTANT COOK/START pad, and the display will show 1.00 and count down to zero at ten times the speed faster than normal. When the timer reaches zero, END will appear in the display.

To cancel, press the CLOCK pad, the number pad 0 and the STOP/CLEAR pad.

Alarm

Your oven has an alarm function. If you leave food in the oven after cooking, the oven will "beep" 3 times and END will flash on and off in the display after 2 minutes.
If you do not remove the food at that time, the oven will "beep" 3 times after 4 minutes and 6 minutes.

CARE AND CLEANING

CLEAN THE OVEN AT REGULAR INTERVALS

Exterior:
The outside may be cleaned with mild soap and warm water, wipe clean with a damp cloth. Avoid the use of harsh abrasive cleaners.

Door:
Wipe the door and window on both sides, the door seals and adjacent parts frequently with a damp cloth to remove any spills or spatters. Do not use abrasive cleaner.

Control Panel
Care should be taken in cleaning the control panel. Open the oven door before cleaning to inactivate the control panel. Wipe the panel with a cloth dampened slightly with water only.
Do not scrub or use any sort of chemical cleaners. Avoid the use of excess water.

Interior walls:
To clean the interior surfaces, wipe with a soft cloth and warm water for hygienic reasons. After use wipe the waveguide cover in the oven with a soft damp cloth to remove any food splashes. Built-up splashes may overheat and begin to smoke or catch fire. Do not remove the waveguide cover. DO NOT USE A COMMERCIAL OVEN CLEANER, ABRASIVE OR HARSH CLEANERS AND SCOURING PADS ON ANY PART OF YOUR MICROWAVE OVEN. NEVER SPRAY OVEN CLEANERS DIRECTLY ONTO ANY PART OF YOUR OVEN.
Avoid using excess water. After cleaning the oven, ensure any water is removed with a soft cloth.

Turntable/Roller Stay:
Wash with mild soapy water and dry thoroughly.

SERVICE CALL CHECK

Please check the following before calling for service:

1. Does the display light? YES _____ NO _____
2. When the door is opened, does the oven lamp come on? YES _____ NO _____
3. Place one cup of water (approx. 250 ml) in a glass measure in the oven and close the door securely. Oven lamp should go off if door is closed properly. Press the INSTANT COOK/START pad once.

once

A. Does the oven lamp light? YES _____ NO _____
B. Does the cooling fan work? YES _____ NO _____
(Put your hand over the rear ventilation openings.)
C. Does the turntable rotate? YES _____ NO _____
(The turntable can rotate clockwise or counterclockwise. This is quite normal.)
D. After one minute, did an audible signal sound and COOK indicator go off? YES _____ NO _____
E. Is the water inside the oven hot? YES _____ NO _____

If "NO" is the answer to any of the above questions, please check your wall socket and the fuse in your meter box.
If both the wall socket and the fuse are functioning properly, CONTACT YOUR NEAREST SERVICE CENTRE APPROVED BY SHARP.

NOTE: If time appearing in the display is counting down very rapidly, check Demonstration Mode. (Please see page E-20 for detail.)

SPECIFICATIONS

AC Line Voltage	:	Refer to the rating plate on the back of the oven.
AC Power Required	:	1.6 kW
Output Power	:	1100 W* (IEC test procedure)
Microwave Frequency	:	2450 MHz (Class B/Group 2)**
Outside Dimensions	:	520 mm(W) x 302 mm(H) x 436 mm(D)
Cavity Dimensions	:	374 mm(W) x 227 mm(H) x 399 mm(D)
Cooking Uniformity	:	Turntable (335 mm in diameter) system
Weight	:	Approx. 17 kg

* This measurement is based on the International Electrotechnical Commission's standardised method for measuring output power.
** This is the classification of ISM (Industrial, Scientific and Medical) equipment described in the International Standard CISPR11.

SHARP
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